Going green

People are comfortable. I know that from myself. Why worry about something when everything is going well? The last few years I was registered with my health insurance company, which my mother had chosen for me when I was a child. I never really had a reason to change, until two months ago I just quit quietly without a word. For the last three years I had the feeling that the service was getting worse and so I became more and more dissatisfied. I was often met with an arrogant complacency. The typical customer will not quit after such a long time already and in Germany most people are a life long with a health insurance company. It was time to change something. The surprise was big and the employees asked for feedback. I didn't give them any information because they won't change anything anyway. I have wasted my time long enough with apologies and comforting words. I have denied this health insurance company access to my money and data.

So I quit my electricity supplier and change to a new one when he thought that he had to cut down a forest for lignite. I grew up on a farm and love nature. I find it antisocial, irresponsible and despicable how we all deal with our planet. The electricity supplier threatened that everything would become expensive. The threat went up in smoke, because I like to pay for green electricity if it means fewer trees are cleared. I don't want to have to explain to the next generation of children what foxes, trees and birds are. For too long I have rested on my rotten skin and never cared about the needs of my electricity provider. It is time to take responsibility for nature and the environment. Of course my small decision will not reverse the global warming and the melting ice at the North and South Pole, but at some point you just have to start with a small middle finger.

That's why I changed my e-mail provider. Up to now I had mail and web with one provider. In order to decentralize this, it will remain separate in the future. Since it is too much work for me to set up a mail server, I will hand over half of it into professional hands. Again I pay attention to green electricity, sustainability and data protection. It's the small part in the big picture. My own server will run with solar energy in the future and there is already an inspiring project. In the next time I will adapt some technical decisions to the environment and will not buy a car e.g. because of the Volkswagen emissions scandal. And if a well-known conservative German political party protects the car industry and wants to prevent diesel bans in the city centres, I will not vote for this party in the next election. It is time to change something. Not for us, but for the next generations.

Living without Meat

In the first half of my life, I was a vegetarian for ten years. There was no particular reason for this. At some point I bought myself a pizza with spinach instead of a salami (it was my first apartment and I can cook very badly) (and I realized that I am not a fan of spinach). Since then I lived vegetarian and I had no particular problems with it. I have rarely talked about it, never reproached anyone for eating meat or being a missionary by my circle of friends. When I do something, I do it for myself and no one else. I am not interested in recognition because it leads people to blindly follow an (perhaps bad) idea and not question it. When I started my training as an IT specialist for application development I started to sloppily. I drank almost two litres of coffee/coke/energy drinks every day, smoked almost a whole pack of cigarettes and bought/ordered only shitty fast food. What also many people who work as programmers can confirm is the massive alcohol consumption

at meetings, startup meetings or internal parties. Maybe this is related to the stress of success, I don't know. I certainly didn't like it.

I've hardened up again with smoking, drink only caffeine drinks without sugar and have reduced coffee to a minimum of 1-2 cups per day. I don't drink alcohol anymore because it's only bad luck anyway. That's why I also find a place of embarrassment for company parties. Altogether I also cannot understand how this excessive consumption of alcohol could creep into the working world and from a personal point of view I consider it an alarm signal that everything is not going to work as it should. In the last step I started to eat vegetarian again. If I read the figures that 5,000 - 20,000 litres of water are consumed per 1kg of meat, I do not want to support this kind of destruction of the planet. I don't want children, but I still worry about future generations. I am apparently at the age where one starts to reflect on one's own actions. I'm thinking about how children from my circle of acquaintances grow up without ever having seen insects in their lives or knowing most animals only from a ARTE documentary. I think like a scientist and weigh all the facts and one point on my own list is that consuming meat is a luxury. Just like smoking tobacco or drinking alcohol. I don't need these things to have a good life. Besides I can buy much more beautiful things with the saved money, e.g. old wood and other materials around a larger scratch tree for my cat Diogenes to build. Money for its own addictions to spend and only in the now to live is stupid, like must think also of the community otherwise humans will exterminate themselves inevitably. We must prevent that together.

What speaks in favour of not eating meat is that science and technology are already producing very good results that come very close to meat in taste and appearance. Anyone who wants to lose sight of meat products in the future does not have to do without them because there is a market there that is in great demand. So far the products are still in the development stage but the progress is progressing very fast and I will also see some results which do not allow me to differentiate. And seriously, in the fast food sector everything tastes like cardboard anyway. I didn't like American burger chains when I was eating meat. I could already do without that. I want to live in harmony with nature and also with my body. All in all I noticed that sometimes we eat only for boredom or for fun and our organic system cannot cope with that successfully. In the millions of years humans have developed on this planet as *machines* that save energy at every possible place (Endurance running hypothesis) and have to make do with few resources. Our ancestors migrated in several waves in Europe and had to overcome long distances over thousands of years. Meat helped Homo Sapiens to survive. Nowadays it is no longer necessary, because the technology can secure our survival, we must consider only three points thereby. *Save energy, conserve resources and produce a new generation*. Because if we do not manage this on our earth, we should not be allowed to colonize other planets. In any case, the probability for a cattle farm on Mars is rather low.

Plastic Planet

We don't need to lie to ourselves when I say now that our planet is filled with plastic from us. In most cases we can just look down at the street, go into the forest or explore the city. Everywhere we will see bags, empty beverage cups and other packaging. We pack everything in plastic. Food, clothes to stay clean on the business trip. Hygine products are shrink-wrapped in plastic so that they don't leak in the suitcase. We buy toys, which in turn are wrapped in foil. The packaging materials at a fast food restaurant often consist of this material. Almost the entire household is made of plastic. A comb, the hairdryer, the toothbrush. My headphones, the prototype of my microscope, my monitors, mouse and keyboard. Even the laptop is mostly made of plastic. USB sticks, smartphones and cables. We are wrapped in plastic. We live on a plastic planet. This material really has many advantages. It's easy to produce and you can machine the material yourself with the simplest tools. It is inexpensive and can be produced in almost every country on this planet. Besides wood, stone, metal, glass and ceramic, plastic has established itself as a material for the whole of mankind. Unfortunately, we are just noticing that all the remains are damaging our planet. Because plastic also has many disadvantages. These include toxic pollutants, which take a long time to be completely degraded. Tons of microplaystic waste float in the sea for which no reasonable solution has yet been found. At the moment we poison our planet and notice the problem only very slowly.

But we are also already working on solutions, e.g. to establish other forms of plastic. Designers are working on packaging design made of bioplastics. Algae are used as the basis. However, there are already the first suppliers who are again using packaging to reduce the production of garbage and plastic waste. There is an initiative that wants to ban plastic bags from general sales. Especially there emerging countries are shining pioneers and unfortunately Europe would have to show more will to change something. In Germany all this is still on a voluntary basis. Some supermarkets have switched from plastic to paper bags. But if you then shrink-wrap bananas, cucumbers and tomatoes in foil at the same time, I cannot take you seriously. I bought my whole childhood apples, potatoes and other fruit/vegetables without packaging and I never got sick from it. I was not eaten by bacteria or got any rashes. It is enough to wash fruits and vegetables under the tap. If your body is healthy enough, there should be no problems. But also at this point there is a rethinking, because people are already worried about the products they buy and how they relate to our environment. More and more people go shopping in organic supermarkets or Reformhäuser. Local farmer markets are also becoming increasingly popular. People want to live more naturally again, without everything being packaged in plastic because the packaging is usually useful but in the long run rather harmful. For our environment, for our children and for our own health. In addition,

plastic consumes important resources that we could better use elsewhere.

Of course you can make life easy for yourself and blame industry and politics, but the best way to solve a problem is always to start with yourself. We can avoid plastic in many places. If we pay attention to what we prefer for products when shopping. Sometimes that makes a little more trouble to give or we must change a complete way of life. Most of the time it is worth it. We must always keep in mind that we share this planet with many other creatures and plants and that we want our next generation to grow up in a life-friendly landscape. If we often repair things ourselves and don't throw them away immediately, we can avoid a lot of garbage. If we don't always eat fast food, but cook at home, we not only promote our social environment, but we don't participate so much in the waste of resources. I'm not talking about doing 100% without plastic because it's an impossible task. As I described in the first paragraph, we are surrounded by plastic almost everywhere. I'm talking about restricting plastic in certain places without having to move into the forest and live like a Stone Age human. 3D printing is cool for quickly creating your own projects, but you can also use remnants from a broken device and develop something out of them, sometimes you don't see much difference. Maybe we should be interested in what the 3D filament manufacturing process is like. Usually we first make a test print and then notice where we have made a mistake. If we recycle these remnants we will produce less garbage and in the future we will not live on a plastic planet any more. Problems will not be dealt with successfully if people are forced to find a quick solution. A rethinking must take place slowly and voluntarily, only then can we move a lot together.